

# AUGUST 2013



City-Wide

## ***Fifty Plus*** *Recreation for the Fifty-Plus Generation*

**Lynchburg Parks & Recreation ~ 434-455-5858**

[www.lynchburgva.gov/parksandrec](http://www.lynchburgva.gov/parksandrec)

### Summer Concert Series

Templeton Center

7:00 - 8:30 pm

*Open to All Ages. Donations accepted.*

**Smokey Wilson**

Country, gospel sound & old time favorites.

**Saturday, August 10**

**W.D. and Company**

Hits from the 50's, Bluegrass, Gospel & More  
Saturday, September 14

### Summer Fun for You and Your Grandchildren at the MILLER PARK POOL

2100 Park Ave.

- Spiral water slide!
- Low and high diving boards
- Kiddie pool and giant mushroom with cascading water
- Lawn chairs
- Concession area
- ADA accessible



#### SEASON & HOURS:

- Opens daily through August 18
- Mondays – Saturdays: 12:00–6:00 pm
- Sundays: 1:00–5:00 pm
- 

#### ADMISSION COST:

- 2 & Under: Free
- Youth Ages 3-15 \$2.00
- *Children 10 & under must be accompanied by an adult.*
- Adults Ages 16 & Up \$3.00
- Season Pass \$50.00
- Family Pass Base Rate \$90.00
- *Valid for up to 3 family members. Each additional family member is \$25.00.*

### Staying Cool – Having Fun

#### RIVERFRONT PARK FOUNTAIN

1000 Jefferson Street

Experience the cool fountain freshness in pretty park setting along the river.

#### RIVERSIDE PARK SPRAYGROUND

2338 Rivermont Ave.

Enjoy squirting water, spitting frogs, dumping buckets, and more!

*For more fun explore the NEW playground, designed for all abilities, beside the Sprayground.*

Both the Sprayground and Fountain

Open Daily: Now - October 1

11:00 am – 7:00 pm

Free



**\$** Advance payment required for registration. ☎ Advance registration, call 455-4115 or number listed with activity. Payment, if required, accepted onsite. *Evening/weekend activities & times identified in “BLUE” throughout the newsletter.*  
**City of Lynchburg Residents...Look for the “LR” symbol to find your discounted fee.**

## Classes

Many classes and activities are now open to younger adults, age 18 and over. If there is a particular class or activity of interest to you, call the location listed and find out if space is available.

## Live and Learn



### \$ How to Edit Your Digital Photos

Learn how to edit your digital photos with free photo editing software. Learn to correct color, change to black and white, add text, touch up images, crop, resize, store photos online and use photos in social media. Optional: bring your own photos on a jump drive to edit. Instructor: Luann Hunt  
Register and pay by 7/31.  
Fee: \$30.00 LR \$20.00

Meet at the Information Technology Center, 3550 Young Place.

**Activity #:** 74000.241

<u>Day</u>	<u>Date</u>	<u>Time</u>
M	8/5	9:00 -11:00 am

### \$ Adult Ballet for Flexibility

Stay in shape through the art of classical ballet! Work on flexibility, dance terminology, dance technique, and musicality. No class on 9/2.

Register and pay by 8/1.

Instructor: Arielle Bielicki  
Fee: \$60.00 LR \$45.00  
Templeton Senior Center

**Activity #:** 74101.310

<u>Days</u>	<u>Dates</u>	<u>Time</u>
M	8/5-9/16	6:00 - 7:30 pm

### \$ Lunch & Learn: Staying Connected and Involved in the Community

Learn about ways to stay active in the community in this Lunch and Learn Series. Lunch provided. Register& pay by 8/21.  
Lunch Fee \$3.00.

Fairview Center

**Activity #:** 63400.240

<u>Day</u>	<u>Date</u>	<u>Time</u>
W	8/28	11:00 am

## ART CLASSES

### \$ Oil Painting Basics

Learn to mix colors and incorporate basic design elements as you paint a beautiful landscape. Students should bring their 11 x 14 canvas and brushes.

Instructor: Rodney Laughon

Register and pay 8/9.

Fee: \$45.00 LR \$30.00

Templeton Center

**Activity #:** 73004.230

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	8/13	1:00 - 4:00 pm

**Coming in September...**

### \$ Introduction to Easy Painting: Acrylics & Oils

Explore the characteristics of both acrylics and oils as you learn the techniques of blending and applying these mediums. Students should bring their own brushes and an inexpensive set of acrylics and a set of oils. Canvases provided.

Instructor: Betty Leary

**Register and pay by 8/28.**

Fee: \$55.00 LR \$40.00

Fairview Center

**Activity #:** 63600.310

<u>Day</u>	<u>Dates</u>	<u>Time</u>
Tu	9/3-9/24	10:00 am -12:00 pm

### Acrylics: Open Studio

Instructor: Betty Leary

Fee: \$55.00 LR \$40.00

Sept. 10 – Oct. 15 (6 wks)  
Tuesdays 6:30 - 8:30 pm  
Templeton Center

### Beginning Watercolors

Instructor: Betty Leary

Fee: \$60.00 LR: \$75.00

Sept. 12 – Oct. 17 (6 wks)

Thursdays 6:30 - 8:30 pm

Templeton Center

### Tips and Tricks for Oil Painters

Instructor: Betty Leary

Fee: \$63.00 LR \$48.00

Sept. 9 – Oct. 14 (6 wks)

Mondays 6:30 - 8:30 pm

Templeton Center

### Oil Painting Basics

Instructor: Rodney Laughon

Fee: \$45.00 LR \$30.00

Sept. 17

Tuesday 1:00 - 4:00 pm

Templeton Center

**Additional Classes...**

### Bridge Class: Advanced

Instructor: Ed Moldenke

Fee: \$49.00 LR \$34.00

Sept. 9 – Oct. 14 (6 wks)

Mondays 9:30 - 11:30 am

Templeton Center

### Bridge Class: Intermediate

Instructor: Phyllis Moldenke

Fee: \$49.00 LR \$34.00

Sept. 9 – Oct. 14 (6 wks)

Mondays 9:30 - 11:30 am

Templeton Center

### Line Dancing: Irish/Dancing - Above the Rainbow

Instructor: Linda Parker

Fee: \$30.00 LR \$20.00

Sept 10 – Oct. 15 (6 wks)

Tuesdays 7:15 - 8:15 pm

Templeton Center

## SPECIAL INTEREST

### Mahjong

Enjoy this Chinese tile game of luck, strategy, and skill. Played similarly to Gin Rummy, this game is a great way to exercise your brain.

Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
Th	8/1-8/29	9:30 am - 12:30 pm

### Canasta

Have fun and exercise your brain as you play this popular card game. New players and beginners are always welcome.

Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
F	8/2-8/30	9:30 - 11:30 am

### Literature for Life

Leader, Dr. Jim Campbell, explores a variety of American Literature and poetry. New comers are always welcome.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Th	8/8	10:30 - 11:30 am

### Current Issues & Events

Dr. Jim Campbell leads this interactive group as they discuss hot topics and news worthy events.

Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
W	8/14 & 8/28	10:30 - 11:30 am

### New Chapter Book Group

A novel of unsentimental charm, humor, and profound insight into the thoughts and feelings we all bury deep within our hearts, *The Unlikely Pilgrimage of Harold Fry* introduces Rachel Joyce as a wise—and utterly irresistible—storyteller.

Meet at: The Drowsy Poet at Givens Book Store, 2236 Lakeside Dr.

<u>Day</u>	<u>Date</u>	<u>Time</u>
M	8/26	10:00 - 11:30 am

### Golden Gourmet @ Logan's Roadhouse Restaurant

Bring a friend, or make new ones, while enjoying local food and having a laugh or two. Bring a humorous story or joke to share (optional).

Meet at: Logan's Roadhouse Restaurant, 4046 Wards Rd  
Register by 8/21. Call 455-4115.

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	8/23	11:30 am - 1:30 pm

## Just for Fun

### Putt Putt Miniature Golf

Enjoy a morning of fun, exercise and friendly competition on the green.

Fee: \$3.00 / 2 Games,  
Putt Putt Fun Center,  
8105 Timberlake Rd



<u>Day</u>	<u>Date</u>	<u>Time</u>
M	8/5-8/26	9:00 - 11:00 am

### Laughter and Lemonade

Watch some good 'ole TV comedy shows and enjoy fresh lemonade.

<u>Day</u>	<u>Date</u>	<u>Time</u>
W	8/14	11:00 am - 12:00 pm

### Wheel of Fortune and Watermelon

Enjoy friendly team competition as you exercise your brain to solve word puzzles similar to the TV version.

After the game, wet your whistle with a wedge of watermelon. Donations appreciated.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	8/6	10:30 - 11:30 am

### Bingo

Whether vertical, horizontal, or diagonal, it's BINGO time. Bring two wrapped gifts for prizes.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	8/13	10:30 - 11:30 am

### Gardens of the World - China

Travel virtually with Susan Timmons as she shares her experiences at the Lingerin Garden of Suzhou, China. The garden is a mystical place where botany, geology, art and architecture all converge.

Templeton Senior Center

**Activity #:** 73003.244

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	8/20	10:30 - 11:30 am

### \$ Make Your Own Sundae

Come in from the heat to a cool treat! Create your own ice cream sundae with a variety of toppings.

Register and pay by 8/21.

Fee \$2.00.

Fairview Center

**Activity #:** 63700.240

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	8/23	10:30 - 11:30 am

### Music w/Gary Witt

Enjoy the talents of Gary Witt, a musician, singer, and songwriter. Gary was recently recognized by Home Instead Senior Care for his volunteer service, including sharing his music in our local community. Stay for lunch following the entertainment.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	8/27	10:30 - 11:30 am

### \$ Barbecue Lunch

Enjoy a flavorful, pulled pork barbecue sandwich along with slaw, potato salad, fruit and dessert.

Register and pay for lunch by 8/23.

Fee: \$4.00.

Templeton Senior Center

**Activity #:** 73000.240

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	8/27	11:30 am - 12:30 pm

### BINGO

Bring 2 **UNWRAPPED** gifts to be used for prizes.

Fairview Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	8/30	10:30 - 11:30 am



Center & Office Location Key	Phone	Days	Hours	Sports & Activities Location Key
<b>DiH</b> - Diamond Hill , 1005 17 <sup>th</sup> Street	847-1409	2 <sup>nd</sup> & 4 <sup>th</sup> Th	11:00 am - 1:00 pm	<b>FHBC</b> - Fort Hill Bowling Center, 6015 Fort Ave.
<b>F</b> - Fairview, 3621 Campbell Ave.	847-1751	M & W & F	9:30 am – 1:00 pm	<b>HUMC</b> – Heritage United Methodist Church, 582 Leesville Road
<b>Main Office</b> - 2704 Concord Turnpike	455-5858	M – F	8:30 am – 5:00 pm	<b>PVP</b> – Peaks View Park, Ardmore Drive entrance
<b>T</b> - Templeton Senior Center, 225 Wiggington Road	455-4115	Tu & Th	9:30 am - 12:30 pm	<b>PPFC</b> -Putt Putt Fun Center, 8105 Timberlake Road
		Additional days as listed	Additional hours as listed	<b>JH</b> - Jackson Heights, Art Studio, 720 Winston Ridge Road

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Change of information...Please let us know!</b> In the fast pace world of technology phone numbers and e-mail addresses are constantly being changed. To help us better serve you, please keep us up to date on any changes. It is important to be able to reach you in case of changes in schedule, cancellations or inclement weather. Thank you.				
5  9:00 Putt Putt -PPFC 9:30 Cards & Billiards – F <b>9:30 Free Video Chair Exercise Class -T</b> 9:00 How to Edit Digital Photos- Info Tech 11:30 Fairview Fitness – F 12:30 Bridge Club – T 5:00 Zumba Exercise Class – T 6:00 Adult Ballet for Flexibility # 1- T	6  8:15 Yoga Class – T <b>9:00 Pickleball – Fairview Center-Tennis Courts</b> 9:30 Free Video Chair Exercise, Cards & Games – T <b>10:30 Wheel of Fortune &amp; Watermelon– T</b> 12:00 Zumba at Noon - T 1:00 Bowling – FHBC 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F 7:00 Writer's Group - F	7  9:00 Softball – PVP Field # 1 9:30 Ceramics, Billiards & Games – F 10:30 Line Dance # 3 – F 10:30 Fairview Friends Meeting - F 11:30 Fairview Fitness – F 1:00 Cornhole Fun - T 5:00 Zumba Exercise Class – T 7:00 Bridge Club - T	8  9:30 Free Video Chair Exercise, Cards & Games – T 9:30 Mahjong -T <b>10:30 Literature for Life -T</b> 12:00 Zumba at Noon – T 2:00 Pickleball – HUMC Gym 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F	9  9:00 Softball – PVP Field # 1 9:30 Canasta, Cards & Games – T 9:30 Free Video Chair Exercise Class – T 9:30 Ceramics, Billiards & Games – F <b>10:00 Clay Leaf Bowl, Day 1– F</b> 10:00 Bridge Club – T 11:30 Fairview Fitness – F  <div>10 7:00 – 8:30 pm Concert at Templeton – Smokey Wilson</div>
12  9:00 Putt Putt -PPFC 9:30 Cards & Billiards – F 9:30 Free Video Chair Exercise Class -T 11:30 Fairview Fitness – F 12:30 Bridge Club – T 5:00 Zumba Exercise Class – T 6:00 Adult Ballet for Flexibility # 2- T	13  8:15 Yoga Class – T <b>9:00 Pickleball – Fairview Center-Tennis Courts</b> 9:30 Free Video Chair Exercise, Cards & Games – T <b>10:30 Bingo- T</b> 12:00 Zumba at Noon – T 1:00 Bowling – FHBC <b>1:00 Oil Painting Basics- T</b> 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness - F 7:00 Writer's Group - F	14  9:00 Softball – PVP Field # 1 9:30 Ceramics, Billiards & Games – F <b>10:30 Current Issues and Events – T</b> 10:30 Line Dance # 4 – F 11:00 Laughter & Lemonade – F 11:30 Fairview Fitness – F 1:00 Cornhole Fun - T 5:00 Zumba Exercise Class – T 7:00 Bridge Club - T	15  9:30 Free Video Chair Exercise Class– T 9:30 Mahjong, Cards & Games -T 12:00 Zumba at Noon – T <b>2:00 Pickleball – HUMC Gym</b> 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F	16  9:00 Softball – PVP Field # 1 9:30 Canasta, Cards & Games – T 9:30 Free Video Chair Exercise Class -T 9:30 Ceramics, Billiards & Games – F 10:00 Bridge Club – T <b>10:00 Clay Leaf Bowl, Day 2– F</b> 11:30 Fairview Fitness – F
19  9:00 Putt Putt -PPFC 9:30 Cards & Billiards – F 9:30 Free Video Chair Exercise Class -T 11:30 Fairview Fitness – F 12:30 Bridge Club – T 5:00 Zumba Exercise Class – T 6:00 Adult Ballet for Flexibility # 3- T	20  8:15 Yoga Class – T <b>9:00 Pickleball – Fairview Center-Tennis Courts</b> 9:30 Free Video Chair Exercise, Cards & Games – T <b>10:30 Gardens of the World – China -T</b> 12:00 Zumba at Noon – T 1:00 Bowling – FHBC 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness - F 7:00 Writer's Group – F	21  9:00 Softball – PVP Field # 1 9:30 Ceramics, Billiards & Games – F 10:30 Line Dance # 5 - F <b>10:30 School Supplies Drive – F</b> 11:30 Fairview Fitness – F 1:00 Cornhole Fun - T 5:00 Zumba Exercise Class – T 7:00 Bridge Club – T	22  9:30 Free Video Chair Exercise Class– T 9:30 Mahjong, Cards & Games -T 12:00 Zumba at Noon – T 2:00 Pickleball – HUMC 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F	23  9:00 Softball – PVP Field # 1 9:30 Canasta, Cards & Games – T 9:30 Free Video Chair Exercise Class -T 9:30 Ceramics, Billiards & Games – F 10:00 Bridge Club – T <b>10:30 Make Your Own Sundaes – F</b> 11:30 Fairview Fitness – F <b>11:30 Golden Gourmet @ Logan's Roadhouse</b>
26  9:00 Putt Putt -PPFC 9:30 Cards & Billiards – F 9:30 Free Video Chair Exercise Class -T 10:00 New Chapter Book Group - Drowsy Poet 11:30 Fairview Fitness – F 12:30 Bridge Club – T 5:00 Zumba Exercise Class – T 6:00 Adult Ballet for Flexibility # 4- T	27  8:15 Yoga Class – T <b>9:00 Pickleball – Fairview Center-Tennis Courts</b> 9:30 Free Video Chair Exercise, Cards & Games – T <b>10:30 Music w/ Gary Witt – T</b> <b>11:30 Barbecue Lunch - T</b> 12:00 Zumba at Noon – T 1:00 Bowling – FHBC 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness - F 7:00 Beading w/Jamie – T 7:00 Writer's Group - F	28  9:00 Softball – PVP Field # 1 9:30 Ceramics, Billiards & Games – F 10:30 Bingo – F <b>10:30 Current Issues and Events – T</b> 10:30 Line Dance # 6 - F 11:00 Lunch & Learn: Staying Connected – F 11:30 Fairview Fitness – F 1:00 Cornhole Fun - T 5:00 Zumba Exercise Class – T 7:00 Bridge Club – T	29  9:30 Free Video Chair Exercise Class– T 9:30 Mahjong, Cards & Games -T 12:00 Zumba at Noon – T <b>2:00 Pickleball – HUMC Gym</b> 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F	30  9:00 Softball – PVP Field # 1 9:30 Canasta, Cards & Games – T 9:30 Free Video Chair Exercise Class -T 9:30 Ceramics, Billiards & Games – F 10:00 Bridge Club – T <b>10:30 Bingo – F</b> 11:30 Fairview Fitness – F

- 1 Stella Slade  
Glenn Snyder  
Jane Frisa  
Betsy Mason  
Pat Cook

2 Bernice Larew  
Grace Hoyt  
Janie Thoreson  
Gibson Cofer  
Pat Deacon

3 Ann Martin  
Dianna Iungerich  
Norma Watson  
Oliver Unruh  
Marshall Samuelson

4 Joyce Marks  
Nancy Ashworth  
Everett Berryman  
Don Stoneman

5 Etta Bennett  
Alice Coates  
Martha Ferguson  
Lloyd Jones

6 Annie Lewis  
Klawa Thresher  
Lois Blair  
John Roethlein  
Lucille Deane

7 Dianne Nash  
Sharon Tabor Warren  
Pat Brooks  
Sandy King

8 Lorena Garrett  
Regina Mayberry  
Eric Sorenson

9 Troy Nicks  
Charles Minor  
Cindy Lewis  
Mary Gordon-Scudder

10 Hilda Davis  
Johnny Shaner  
Donna McDaniel  
Gail Speidell  
Stephanie Iannuzzi

11 Mae Blanks  
Monty Fox  
John Simmons Jr  
J J Vagi  
Sandra Thomas  
Ernest Cobb  
Gale Mitchell

12 Nelson Davis  
Helen Connelly

13 Roy Johnson  
Peggy J Mitchell  
Gay Tucker  
Sandra Moss

14 Shirley Rawlings  
Shirley DuVal  
Allan Heer  
Matilda Scott  
Edith Light

15 Georgia Simmons  
Evelyn Miller  
Sarah Coppola  
Gwendolyn Thompson

16 Clyde Hicks  
Geraldine Wood  
Pamela Neisch
- 17 Jane Foster  
Bruce Paul  
Diana Williams  
Marjorie Carroll

18 Dawn Daniel  
Cindy Freeman  
Linda Jones

19 Lois Griffith  
Lynda Smith

20 Linda Guill  
John Kurisky  
Stewart Hobbs Jr  
Susan Dunlap  
Linda Guill

21 Gloria Martin  
Patricia Coates  
Jacqueline Hunt  
Mercedes Mosby  
Candice Michalik

22 Donna Duff  
Marty Taylor  
Joanna Miller

23 Robin Williams  
Patricia Laurrell  
Charlotte Marshall  
Ruth Ann Miller  
Karen Langford  
Vincent Alones

24 Iris Nuckols  
Bessie Newman  
Peggy Hillman  
Martha Wingfield

25 Dorothy Ross  
Betty Tucker  
Betty Mullen  
Anne Caylor  
Victoria Wiley  
Leah Simpkins  
Ada DuVal  
Amy Wilson  
Alex Kalmowitz  
Donna Templeton

26 Valerie Jennings  
Nancy Slade  
Beth Perreault

27 Sheila Sledge  
Elnora Hall  
Elizabeth Jones  
Carolyn Mahone

28 Sally Capps  
Robert Staples  
Jeanette Wilson  
Gregory Kelley

29 Patricia Kilmartin  
Sarah Southerland

30 Joseph Callicott  
Kenneth McBride  
Katherine Stone  
Jaunett Neighbors  
Carolyn Crews  
Fred McWane  
Curtis Newton

31 Gail Harris  
John Riddel  
Gibbie Petrie  
Joanne Salomon

Register online for activities and classes. To set-up your “User Account” go to: [www.lynchburgva.gov/parksandrec](http://www.lynchburgva.gov/parksandrec) click on Register Online.



# Health and Fitness

## FREE Video Exercise Class

Exercise is a great way to look and feel better. Stop by the Center and check out this 45-minute workout. You'll be surprised how beneficial this video chair exercise program can be!

Templeton Senior Center

Days	Dates	Time
M, Tu, Th & F	8/1-8/30	9:30 - 10:15 am

## \$ Fairview Fitness

Enjoy low-impact, self-paced classes led by a certified instructor.

Instructor: Jan Baker

Register and pay monthly.

Fee: \$33.00 LR \$22.00

Fairview Center

**Activity #:** 63300.240

Days	Dates	Time
M, W & F	8/2-8/30	11:30 am - 12:20 pm

## \$ Zumba-Exercise Class

A great cardio workout using interval training with easy to follow dance moves to upbeat Latin rhythms.

Instructor: Kirsten Eubank

Register and pay monthly.

Fee: \$33.00 LR \$22.00

Templeton Senior Center

**Activity #:** 74208.240

Days	Dates	Time
M & W	8/5-8/28	5:00 - 5:45 pm

## \$ Zumba at Noon

Move your feet to a Latin beat for a fun cardio workout that will tone and trim your body. Zumba incorporates a great cardio workout with Latin rhythms and easy to follow moves. Instructor: Lucy LeRose

Register and pay monthly.

Fee: \$33.00 LR \$22.00

Templeton Senior Center

**Activity #:** 74208.240

Days	Dates	Time
Tu & Th	8/1-8/29	12:00 - 12:45 pm

## \$ Yoga

Yoga is controlled exercise that combines stretching, breathing, and holding postures.

Instructor: Debbie Ladd

Register and pay monthly.

Fee: \$33.00 LR \$22.00

Templeton Senior Center

**Activity #:** 74203.240

Days	Dates	Time
Tu	8/6-8/27	8:15 - 9:05 am



## \$ Sculpt and Tone

This exercise class begins with a great cardio workout then focuses on trimming and toning using weights, bands, steps, and mats.

Instructor: Carrie Joshlyn

Register and pay monthly.

Fee: \$33.00 LR \$22.00

Templeton Senior Center

**Activity #:** 74209.240

Days	Dates	Time
Tu & Th	8/1-8/29	6:00 - 7:00 pm

## \$ Zumba Fitness @ Fairview

Move your feet to a Latin beat for a fun cardio workout to tone and trim.

Instructor: Kirsten Eubank

Register and pay monthly.

Fee: \$33.00 LR \$22.00

Fairview Center

**Activity #:** 63300.240

Days	Dates	Time
Tu & Th	8/1-8/29	6:00 - 6:45 pm

# Sports

## Bowling

Enjoy weekly recreational bowling without the commitment of league attendance and play.

Game Fee: \$1.25/game plus tax

Fort Hill Bowling Center

6015 Fort Avenue



Days	Dates	Time
Tu	8/6-8/27	1:00 - 3:00 pm

## \$ Pickleball

One activity, two great locations!

Discover the fun of Pickleball, a racquet sport which combines elements of badminton, tennis, and table tennis. Enjoy outdoor play at the tennis courts at the Fairview Center on Tuesdays from 9:00 - 11:00 am. Thursday play remains at Heritage United Methodist Church Gym from 2:00 - 5:00 pm. Register and pay monthly on site.

Fee: \$10.00

Heritage United Methodist Church Gym, 582 Leesville Road

Fairview Center tennis courts, 3621 Campbell Ave.

**Activity #:** 74206.240

Days	Dates	Time	Location
Tu	8/6-8/27	9:00 - 11:00 am	Fairview
Th	8/1-8/29	2:00 - 5:00 pm	HUMC

## \$ Softball

Join other softball enthusiasts, stay in shape, and have fun while enjoying some friendly competition. Co-ed. All skill levels are welcome. Register and pay monthly.

Fee: \$10.00

Peaks View Park, Field # 1

**Activity #:** 73702.240

Days	Dates	Time
W&F	8/2-8/30	9:00 - 11:00 am

*Be our guest...*

*Try out a Fitness Class for FREE and see if it is the right class for you.*

*Invite a friend to join you and you can experience fun and fitness together!*

# Create & Craft

## Ongoing Ceramics @ Fairview

Create one of kind ceramic pieces to keep or give as gifts. Basic supplies are available. Additional cost for individual green ware pieces. Check with Jamey. Club Fee: \$5.00 Register and pay monthly.

Days	Dates	Time
W & F	8/2-8/30	9:30 – 11:30 am

## \$ Clay Leaf Bowl

Create a beautiful clay leaf bowl in this 2 part class. Class 1 mold and shape bowl to prepare for firing. Class 2 on Friday, 8-16-13, paint and glaze bowl. All supplies provided.

Instructor: Jamey Love  
Register and pay by 8/7.

Fee \$5.00.

Fairview Center

**Activity #:** 63600.241

Day	Dates	Time
F	8/9 & 8/16	10:00 - 11:00 am

## \$ Beading with Jamie

Learn beading techniques including terms, bead selection, and composition as you design your own beautiful piece of jewelry.

Instructor: Jamie Carlund

Register and pay by 8/22.

Fee: \$10.00

Templeton Center

**Activity #:** 74404.240

Day	Date	Time
Tu	8/27	7:00 - 8:00 pm

## Mail-In Registrations

In order to be registered for a class or activity requiring advance registration and payment (as indicated by \$) a completed registration form must accompany your payment. You may complete the form on this page and send it along with your payment to:

**Lynchburg Parks & Recreation**

**Templeton Center**

**225 Wiggington Road**

**Lynchburg, VA 24501**

Registrations are also accepted at the Templeton Senior Center and at any of the Parks and Recreation Centers.

## Lynchburg Parks and Recreation



### MAIL - IN REGISTRATION & PAYMENT FORM

For classes & activities that require advance registration & payment  
Make checks payable to: City of Lynchburg

Name: \_\_\_\_\_

City of Lynchburg Resident: ( ) Yes ( ) No

Address: \_\_\_\_\_  
\_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Activity Title	Start Date	Activity Number	Fee or Lynchburg Resident \$\$
			Total \$

### Liability & 911 Release

In consideration of the permission granted to me/my child by Lynchburg Parks and Recreation Department, I hereby release and save harmless the City of Lynchburg, its officers and employees from all actions, cause of actions, damages and claims, or demands which I, my heirs, executors, administrators, or assigns may have against the City of Lynchburg, and/or other described parties for all personal injuries known and unknown incurred by participation in this/these activity(s).

In the event of a medical emergency, I authorize representatives of Lynchburg Parks & Recreation to contact EMS at 911, if I or my child is incapacitated. In the event I or my child requires medical treatment, I agree to be responsible for the cost of such treatment.



Signature of participant, parent, or legal guardian (Required)

### Photo Release

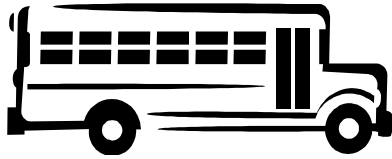
I grant the City of Lynchburg permission to use my/my child's likeness and name in any official communications materials. Materials may include but are not limited to news releases, publications, videos, billboards, television, and web use.

I, the undersigned, have read this release and understand all of its terms.



Signature of participant, parent, or legal guardian





## School Supply Drive

Join the Fifty Plus participants at the Fairview Center as they band together to help provide school supplies for the neighborhood kids. Please bring in pencils, pens, tape, glue sticks, note books, paper, index cards, etc. Let's help these kids start off the school year with all the supplies they need to succeed!

Fairview Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
W	8/21	10:30 am

If you can't stop by Fairview, you can drop off your donation at the Templeton Center by August 20.

*Newsletters are available for pick-up at the following locations:*

- Robertson Drug  
6109 Fort Avenue
- Walgreens Pharmacy  
5006 Boonsboro Road
- Lynchburg Community Market
- Lynchburg Public Libraries
- Parks & Rec. Office & Centers
- Lynchburg Visitor's Center
- Central Virginia Area Agency on Aging 12<sup>th</sup> & Madison Streets
- Beard Center on Aging, Lynchburg College
- Forest Library
- Doctor's offices

## Newsletter Donations

Over 800 copies are printed each month for distribution at designated locations.

**Every donation to the newsletter fund helps to ensure the continuation of the *Fifty-Plus* newsletter. Thank you to Susan Zlomke for her recent donation.**



Printed on 100% Recycled Paper

## Lynchburg Parks & Recreation

[www.lyncburgva.gov/parksandrec](http://www.lyncburgva.gov/parksandrec)

2704 Concord Turnpike  
Lynchburg, Virginia

**434-455-5858**

### City Wide Program Staff

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455-4115 Templeton Senior Center

Marsha Berry, Recreation Specialist  
455-4115 Templeton Senior Center

Tamara Reynolds, Recreation Specialist  
455-4115 Templeton Senior Center

Jamey Love, Recreation Specialist  
847-1751 Fairview Center

Lynchburg Parks & Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodation is needed, please tell us upon registering and at least 10 days prior to the class or event.